

Dear Friend,  
I have a problem. I don't like to eat breakfast. I would rather sleep in. When I get to school I can't seem to concentrate very well. I feel very tired and when I go out to morning recess, I can't run around with my friends. What should I do?

Your friend,  
Sammy

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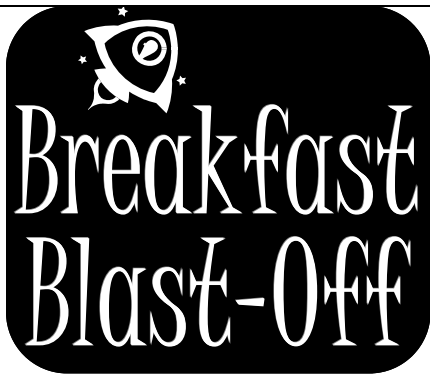
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*Developed by: Denise Zimmer, RD, Eat Smart Be Smart Guide: Lesson 2nd Grade — Breakfast Blast-Off*

*Eat Smart Be Smart*